



LASSITUDE AND HOMOEOPATHY

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Definition

Lassitude is a state of physical or mental weariness or lack of energy (Psora). The fatigue can be improved by periods of rest while lassitude cannot.

Etymology

Latin- lassus, French- lassitude; means tired

Synonyms and related words

Lethargy, listlessness, weariness, languor, sluggishness, enervation, tiredness, exhaustion, fatigue, sleepiness, drowsiness, torpor, torpidity, ennui, lifelessness, sloth, apathy

Pathophysiology

Physical fatigue

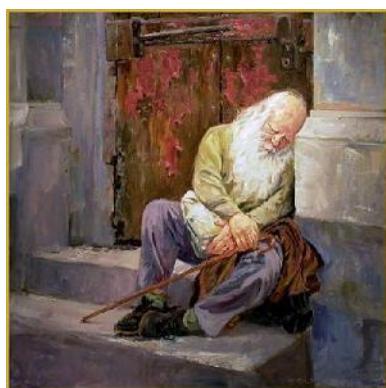
It can be caused by-

- Lack of energy in the muscle (Psora)
- Decrease of the efficiency of the neuromuscular junction (Syphilis)
- Reduction of the drive originating from the central nervous system (Psora)

Mainly, fatigue is caused by increase of serotonin level in the central nervous system (Sycosis). During motor activity, serotonin released in synapses that contact motor neurons promotes muscle contraction. During high level of motor activity, the amount of serotonin released increases considerably. Serotonin binds to extrasynaptic receptors located on the axons and thereby muscle contraction are inhibited (Psora/ Sycosis).

Mental fatigue

The limited self-regulatory capacity is depleted in lassitude, causing decreased attention, known as ego depletion and present with decreased level of consciousness (Syphilis). The diminished consciousness can be dangerous for the tasks requiring concentration like driving a vehicle or machinery due to episodes of microsleep (Psora). The perception of mental fatigue or lassitude is modulated by the reticular activating system (RAS) of brain.



Types

Lassitude may be of two types-

Physical fatigue

Physical fatigue may be due to lack of energy in the muscle (Psora), by a decrease of the efficiency of the neuromuscular junction (Syphilis) or by diminished signals from the central nervous system (Psora). It may be of two types- muscle fatigue or neurological fatigue.

Muscle fatigue

It is the transitory physical inability of a muscle to perform optimally (Psora). It appears gradually, and depends upon an individual's level of physical fitness as well as sleep deficiency and general health. It disappears after rest.

Neurological Fatigue

It occurs at any time of the day, for any duration, and that does not necessarily recur in a recognizable pattern (Psora). In multiple sclerosis such a form of overwhelming lassitude or tiredness often occurs (Syphilis).

Mental fatigue

It is a momentary inability to continue optimal cognitive act (Psora). Its onset is gradual and depends upon an individual's cognitive ability as well as sleep deprivation and general health. Mental fatigue also decreases physical performance. Its symptoms are somnolence, lethargy or directed attention fatigue.



Causes

Lassitude may be as a result of-

- Active recreation
- Boredom
- Chronic blood loss
- Depression
- Disease
- Jet lag- also called desynchronosis, time zone change syndrome or flight fatigue, a temporary disorder that causes fatigue, insomnia, and other symptoms as a result of air travel across time zones
- Lack of sleep
- Mental stress
- Mineral or vitamin deficiencies
- Over -working
- Overstimulation
- Poisoning
- Understimulation

Fatigue is different from lassitude, where a patient feels that sleep is required. Fatigue is a normal response to physical exertion or stress, but may also be seen in physical disorders.

Temporary fatigue is a part of the sickness behavior response happening when the immune system fights an infection.

Symptoms

- Anxiety
- Apathy
- Apprehension
- Asthenia
- Debility

- Empty pulse
- Fatigue
- Insomnia
- Lack of vitality
- listlessness
- Malaise
- Memory loss
- Night spermatorrhea
- Pale tongue
- Palpitations
- Spontaneous sweating
- Stress
- Weariness
- Worry



Diagnosis

A complete case history is needed to find out the exact cause and type of lassitude. It must include-

- The onset and temporal course
- The distribution- localized or generalized
- Aggravating and ameliorating factors
- Concomitants
- Environmental and socioeconomic factors
- The impact on daily activities

Following Investigations are necessary-

- Testing muscle strength for both individual muscles and groups of muscles
- Detailed neuromuscular examination including EMG, NCV
- Blood pressure
- Mental status examination
- ECG
- Serum electrolytes
- Investigations for diabetes mellitus, hypoglycemia, hypopituitarism, acromegaly, Addison's disease, Cushing's syndrome, iatrogenic corticosteroid myopathy, hypothyroidism and hyperthyroidism

Treatment

Meditation, refreshments and mild exercise are most effective treatment options for lassitude.

Others may include-

- Occupational therapy
- Physical therapy
- Sleep regulation
- Psychological interventions, such as stress management, relaxation training, membership in a support group, or psychotherapy
- Heat management- strategies to avoid overheating and to cool down

Common remedies for lassitude

abies-n. absin. **Acetan.** acon-ac. **ACON.** act-sp. adam. **Aesc.** aeth. **Agar.** agath-a. agn. ail. **Alet.** All-c. All-s. **Aloe ALUM-P.** alum-sil. **ALUM.** alumn. **AM-C.** Am-m. **Ambr.** Aml-ns. ammc. anac. ang. anh. ant-c. **Ant-t.** anthraq. **APIS** apoc. apom. aq-pet. aran-ix. **ARAN.** Arg-met. arg-n. arge-pl. **Arn.** ars-h. **Ars-i.** ars-met. ars-s-f. **Ars.** arum-d. arum-m. arum-t. asaf. asar. asc-t. **Aspar.** astac. aster. atro. aur-m-n. **AUR.** **Bamb-a.** **Bapt.** bar-c. bar-i. bar-m. bar-s. bell-p. **Bell.** **Benz-ac.** berb-a. **Berb.** **Bism.** Bit-ar. **Bol-la.** borx. **Both.** bov. brach. brom. bros-gau. **Bry.** cact. cadm-met. cain. **Calad.** calc-ar. calc-f. calc-i. **CALC-P.** Calc-s. calc-sil. **CALC.** calen. **Camph.** cann-i. cann-s. canth. **Caps.** **Carb-ac.** carb-an. **Carb-v.** **CARBN-S.** carc. **Card-m.** cartl-s. **Casc.** cassia-f. castm. **CAUST.** cedr. **Cham.** **Chel.** chen-v. **CHIN.** chinin-ar. Chinin-s. chir-fl. chlf. chlol. choc. chord-umb. chr-ac. **Cic.** cimic. cina cinnb. cist. clem. cob-n. coc-c. **Coca Cocc.** cod. coff-t. coff. **Colch.** coll. **Coloc.** CON. conv. cop. corn-a. corn. croc. **CROT-C.** crot-t. **Cupr-ar.** cupr-s. **CUPR.** **Cycl.** cyn-d. cystein-l. daph. dicha. **Dig.** dios. dirc. dor. dros. **Dulc.** ephe-si. **Ery-a.** eryt-j. eucal. eup-per. eup-pur. euphr. euphr. eupi. fago. falco-pe. ferr-ar. ferr-p. **FERR.** fic-m. **Fl-ac.** **Form.** fum. galeoc-c-h. **Gamb.** gast. **Gels.** ger-i. germ-met. gink-b. gins. glon. goss. **GRAPH.** grat. guaj. **Guar.** haliae-ic. halo. **Ham.** harp. **Hell.** **Helon.** **Hep.** hippoc-k. hippoz. hydr-ac. **Hydr.** **Hydrc.** **Hydrog.** hyos. hyper. iber. Ign. ina-i. ind. iod. ip. irid-met. jac-c. jug-c. kali-ar. **Kali-bi.** **Kali-br.** **Kali-c.** **Kali-chl.** kali-cy. **Kali-m.** kali-n. **Kali-p.** kali-s. kali-sil. kalm. ketogl-ac. kola kreos. lac-ac. **Lac-c.** **Lac-d.** lac-h. lac-loxod-a. **LACH.** **Laur.** led. **Lept.** levo. lil-t. limest-b. lob-s. **Lob.** lol. luf-op. **Lyc.** lyss. m-arct. **Mag-c.** **Mag-m.** mag-s. manc. **Mang.** **Med.** medul-os-si. melal-alt. meny. **Merc-c.** merc-i-f. **Merc.** methys. **Mez.** mit. morph. mosch. mur-ac. murx. musca-d. myos-a. myric. **Myrt-c.** naja narcot. nat-ar. **Nat-c.** **Nat-m.** **Nat-p.** **Nat-s.** nat-sal. **Nat-sil.** neon nep. nicotam. **Nit-ac.** **Nuph.** **Nux-m.** **NUX-V.** ol-an. ol-j. olib-sac. olnd. onop. **Op.** **Osm.** **Ox-ac.** oxal-a. oxyt. ozone pall. par. paull. petr-ra. **Petr.** **PH-AC.** phel. **Phos.** phys. phyt. **PIC-AC.** plat. **Plb.** plect. **Podo.** polyp-p. positr. pot-e. **Psor.** **Ptel.** **PULS.** **Pycnop-sa.** pyrid. **Ran-b.** ran-s. **Raph.** **Rat.** rham-cal. rhod. rhus-g. **Rhus-t.** **Rhus-v.** rib-ac. ruta sabad. sabin. sang. sapin. sarr. sars. sec. **Sel.** **Senec.** **Seneg.** sep. **SIL.** spig. **Spong.** **Squil.** **Stann.** staph. stel. **Stram.** stront-c. stry. suis-em. suis-pan. **SUL-AC.** sul-i. sulfa. sulfonam. **Sulph.** **Sumb.** **Tab.** tanac. taosc. **Tarax.** **TARENT.** tart-ac. tax. tell. **Ter.** tere-la. **Teucr.** thal-xyz. ther. thiop. thuj. til. trios. tritic-vg. **Tub.** tung-met. uran-n. **Ust.** vac. **Valer.** vanil. verat-v. verat. vero-o. vesp. vib. viol-t. x-ray xan. **ZINC-P.** **ZINC.** zing. **Ziz.**

Short repertory of lassitude

ABDOMEN - LASSITUDE – Hypochondria puls.

GENERALS - LASSITUDE - Addison's disease, in Calc.

GENERALS - LASSITUDE - afternoon - 13-17 h ozone

GENERALS - LASSITUDE - afternoon - 16 h trios.

GENERALS - LASSITUDE - afternoon - 16.30 h ozone

GENERALS - LASSITUDE - afternoon - 17 h [petr-ra](#).

GENERALS - LASSITUDE - afternoon - fever; with [lil-t](#).

GENERALS - LASSITUDE - afternoon - sleep - siesta agg.; after [kali-c](#).

GENERALS - LASSITUDE – afternoon [acon-ac](#). [agath-a](#). [aq-pet](#). [arg-n](#). [arge-pl](#). [aur](#). [Calc-s](#). [Card-m](#). [cartl-s](#). [coloc](#). [dulc](#). [fago](#). [ferr](#). [galeoc-c-h](#). [gels](#). [hydr-ac](#). [hydrog](#). [hyos](#). [ign](#). [lac-h](#). [lil-t](#). [lyc](#). [myos-a](#). [petr-ra](#). [petr](#). [phyt](#). [ptel](#). [sang](#). [thuj](#). [tritic-vg](#). [zing](#).

GENERALS - LASSITUDE - air agg.; in open [Petr](#).

GENERALS - LASSITUDE - alternating with - coldness, objective or subjective [spig](#).

GENERALS - LASSITUDE - children; in [All-s](#).

GENERALS - LASSITUDE - chill; during [merc](#).

GENERALS - LASSITUDE - chilliness; with [cimic](#). [corn](#).

GENERALS - LASSITUDE - coition; after [Agar](#). [CALC](#). [con](#). [graph](#). [led](#). [lyc](#). [nat-m](#). [Phos](#). [plib](#). [sep](#). [staph](#). [tax](#). [Ziz](#).

GENERALS - LASSITUDE - conversation, from [ambr](#). [sil](#).

GENERALS - LASSITUDE – daytime [am-m](#). [asc-t](#). [calc-f](#). [Calc](#). [cartl-s](#). [cob-n](#). [Ferr](#). [hydrog](#). [Kali-bi](#). [ketogl-ac](#). [nat-sil](#). [Senec](#). [Sulph](#).

GENERALS - LASSITUDE - delivery; after [cupr](#).

GENERALS - LASSITUDE – driving [galeoc-c-h](#).

GENERALS - LASSITUDE - eating; after [act-sp](#). [ant-c](#). [bar-c](#). [bov](#). [Calc-p](#). [Carb-an](#). [Card-m](#). [chin](#). [grat](#). [hydrog](#). [Lach](#). [Lyc](#). [lyss](#). [mur-ac](#). [Nat-m](#). [Nux-m](#). [ol-an](#). [ozone](#) [PH-AC](#). [Rhus-t](#). [sang](#). [Sel](#). [sep](#). [tritic-vg](#).

GENERALS - LASSITUDE - emissions agg. [bar-c](#). [Ery-a](#). [ham](#). [nat-c](#). [Nat-m](#). [ran-b](#). [sabad](#). [Sep](#).

GENERALS - LASSITUDE - evening - 20 h [mang](#).

GENERALS - LASSITUDE – evening [am-c](#). [ars](#). [asaf](#). [bar-c](#). [calc-sil](#). [carb-v](#). [CAUST](#). [coloc](#). [dirc](#). [dulc](#). [germ-met](#). [Graph](#). [haliae-lc](#). [hep](#). [hydr-ac](#). [hydrog](#). [Ign](#). [lyc](#). [myos-a](#). [Myrt-c](#). [naja](#). [nat-m](#). [nicotam](#). [pall](#). [petr-ra](#). [petr](#). [phyt](#). [sang](#). [senec](#). [spig](#). [sulfonam](#). [Sulph](#). [thuj](#). [tritic-vg](#). [vanil](#).

GENERALS - LASSITUDE – forenoon [alum](#). [am-c](#). [calad](#). [kali-cy](#). [phys](#). [ran-b](#). [ruta](#) [sabad](#). [sars](#). [tritic-vg](#).

GENERALS - LASSITUDE - horse riding; from too long [cain](#).

GENERALS - LASSITUDE - lying - must lie down - afternoon - 17 h [lac-loxod-a](#).

GENERALS - LASSITUDE - lying - must lie down - dinner; before [Mez](#).

GENERALS - LASSITUDE - lying - must lie down - eat frequently; if he does not [Sulph](#).

GENERALS - LASSITUDE - lying - must lie down [cassia-f](#). [lac-loxod-a](#). [tritic-vg](#).

GENERALS - LASSITUDE - menses - after - agg. [berb](#). [nux-v](#). [thuj](#).

GENERALS - LASSITUDE - menses - before - agg. [alum](#). [Bell](#). [calc](#). [Chin](#). [kreos](#). [lyc](#). [Nat-m](#). [nux-m](#). [pot-e](#).

GENERALS - LASSITUDE - menses - during - agg. alum. **Am-c.** bell. borx. bov. calc-p. carb-an. castm. **Caust.** germ-met. **Graph.** ign. iod. **Kali-c.** kali-n. lyc. **Mag-c.** mag-m. **Nit-ac.** **Nux-m.** nux-v. **Petr.** phel. phos. sep. thuj. zinc.

GENERALS - LASSITUDE - menses - during - beginning of menses - agg. iod. mag-m.

GENERALS - LASSITUDE - mental exertion - agg. **AUR.** **podo.** **Puls.** **ruta**

GENERALS - LASSITUDE - mental exertion - amel. **croc.**

GENERALS - LASSITUDE - morning - and afternoon **Bry.**

GENERALS - LASSITUDE - morning - bed agg.; in acon. alum. **Ambr.** **Aur.** **Bell.** borx. **Bry.** **Carb-v.** **Caust.** **Cham.** clem. con. crot-t. dros. **dulc.** **galeoc-c-h.** hell. iod. kali-c. **Lach.** mag-c. mag-s. mang. nat-m. **Op.** **Petr.** phos. plb. **Puls.** ran-s. sep. sil. spig. spong. **Squil.** thuj. verat. zinc.

GENERALS - LASSITUDE - morning - rising - agg. dig. **Ferr.** **galeoc-c-h.** kreos. **Nux-v.** **Osm.** petr. ph-ac. plb. **Sep.** sil. **stann.** **tritic-vg.** **vib.**

GENERALS - LASSITUDE - morning - rising - amel. acon. mag-c.

GENERALS - LASSITUDE - morning **am-c.** **ant-c.** **bar-m.** **Calad.** calc-sil. cham. dulc. ger-i. germ-met. **Kali-chl.** **Kali-m.** lyc. **Mag-m.** nat-c. nat-p. nat-s. nux-v. ozone pall. petr-ra. petr. sang. **Sep.** spong. staph. stry. suis-pan. **Sulph.** sumb. tritic-vg. vib.

GENERALS - LASSITUDE - motion - agg. **cain.** **Phos.**

GENERALS - LASSITUDE - motion - amel. kali-n. nat-c. tritic-vg.

GENERALS - LASSITUDE - night - and morning **Nat-s.**

GENERALS - LASSITUDE - night - midnight - after - 2 h **trios.**

GENERALS - LASSITUDE - night - midnight **galeoc-c-h.**

GENERALS - LASSITUDE - night calc-sil. galeoc-c-h. nat-s. sulph.

GENERALS - LASSITUDE - noon **Cic.** fago. ger-i. haliae-lc. ozone vanil.

GENERALS - LASSITUDE - pregnancy agg.; during **Calc-p.**

GENERALS - LASSITUDE - restlessness; with **dios.** **positr.** **tell.**

GENERALS - LASSITUDE - sexual excesses; after **agn.**

GENERALS - LASSITUDE - sitting agg. **aur.** kali-n. mang. **Merc.** phos. tritic-vg.

GENERALS - LASSITUDE - sleep agg.; after **ant-t.** **Ars.** **dulc.** kali-c. **PULS.** sil.

GENERALS - LASSITUDE - spring agg. **apis** **Bry.** **Gels.**

GENERALS - LASSITUDE - stool - after - agg. **ip.** **Lyc.** mag-m. **Sulph.**

GENERALS - LASSITUDE - stool - before **Mez.** **Rhus-t.**

GENERALS - LASSITUDE - stool - during - agg. **borx.** **ip.**

GENERALS - LASSITUDE - talking; after **Alum.** dor.

GENERALS - LASSITUDE - vomiting; before **apom.**

GENERALS - LASSITUDE - waking; on acon. alum. ambr. **Arg-met.** aur. **Bell.** bit-ar. borx. **Bry.** **Carb-v.** card-m. **Caust.** chin. clem. crot-t. dios. dros. galeoc-c-h. germ-met. hell. hyper. irid-met. **Kali-br.** kreos. lac-ac. **Lach.** mang. **Op.** par. petr. **Ph-ac.** **Phos.** plb. **Podo.** **Ptel.** puls. ran-s. sep. sil. spig. **Squil.** stann. thuj. verat. xan. zinc.

GENERALS - LASSITUDE - walking - after - agg. **petr.**

GENERALS - LASSITUDE - walking - air; in open - amel. **agath-a.** **Alum.** **Am-c.** graph. tritic-vg.

GENERALS - LASSITUDE - walking - amel. ambr.

GENERALS - LASSITUDE - warm room agg. **iod.**

GENERALS - LASSITUDE - weather - stormy - agg. **psor.** **Sang.** **Tub.**

GENERALS - LASSITUDE - weather - warm - agg. **dulc.** **nat-p.** **tritic-vg.**

GENERALS - LASSITUDE - weather - wet - agg. **SANG.**

MALE GENITALIA/SEX - ERECTIONS - painful - lassitude, with **sabad.**

MIND - ACTIVITY - desires activity - alternating with – lassitude **Aloe Aur.** calc-sil. carc. choc. falco-pe. gink-b. **kola positr.**

MIND - IDEAS - abundant - alternating with – lassitude **choc.** **olib-sac.**

MIND - MEMORY - active - alternating with – lassitude **Aloe**

MIND - SADNESS - lassitude; with **hippoc-k.**

Bibliography



Chapter 24. Fatigue, Asthenia, Anxiety, and Depression > Fatigue as a Symptom of Psychiatric Illness Adams & Victor's Principles of Neurology, 10e... The majority of patients who seek medical help for unexplained chronic fatigue and lassitude are found to have some type of psychiatric illness. Formerly this state was called "neurasthenia," a term introduced by Beard, but because lassitude and fatigue rarely exist as isolated phenomena...



Chapter 43. Disorders of the Nervous System Caused by Drugs, Toxins, and Chemical Agents > Mercury Adams & Victor's Principles of Neurology, 10e... in the manufacture of felt hats ("mad hatters"), and phenyl mercury, used in the paper, pulp, and electrochemical industries, are other sources of intoxication. Paresthesias, lassitude, confusion, incoordination, and intention tremor are characteristic..



Chapter 52. Depression and Bipolar Disease > Reactive Depressions and Depressions with Medical and Neurologic Diseases Adams & Victor's Principles of Neurology, 10e... with such frequency as to become almost part of the disease. Contrariwise, in certain chronic and occult diseases, symptoms such as lassitude and fatigue may resemble and be mistaken for a depressive reaction.

Hypothyroidism, infectious mononucleosis, hepatitis, lymphoma, myeloma, metastatic carcinoma, malnutrition...



Encyclopedia Homoeopathica



ICU-Acquired Weakness Principles of Critical Care, 4e



Neurologic Causes of Weakness and Paralysis Harrison's Principles of Internal Medicine



Polymyositis, Dermatomyositis, and Inclusion Body Myositis > “Weakness” due to Muscle Pain and Muscle Tenderness Harrison's Principles of Internal Medicine



Radar 10



Weakness and Paralysis Harrison's Manual of Medicine, 19e